

Journal of Alcohol and Other Drug Prevention Education

# USE YOUR VOICE

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Vol.1/No. 1 SPRING 2002



*Maria Sabina*

**Mazatec Priestess of Magic Mushrooms**

**Facts**

**Poetry**

**Experience**

**Tips**

**History**

"Our happiness depends on wisdom all the way."  
-Sophocles

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# USE YOUR VOICE

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# EDITOR'S NOTE

Hey There Reader,

I want to personally welcome you to our first journal publication put together by an awesome group of students at San Francisco State University and staff of Counseling & Psychological Services' Prevention Education Programs/C.E.A.S.E.

In one way or another, you will be effected by alcohol and other drugs, whether it's being woken up by your roommate puking from a night of drinking, having grown up with a parent who abused them, or experimenting with them yourself.

In this issue, we have worked to put together some basic facts to help you make wise decisions about the role alcohol and other drugs play in your life. But that's not all. SFSU Students also write about their first hand experiences. So you'll get some facts, tips, poetry and short bios. They express individual experiences with drugs and alcohol and provide varying perspectives. The views expressed in them are the authors and not necessarily those of the Prevention Education Programs.

Read on and enjoy! If you like what you see, let us know or submit your own piece for next semester's publication.

Bitu Shooshani  
Editor

# WE GOT

Q

“Words are, of course, the most powerful drugs used by mankind.” Rudyard Kipling

Quotes

P

Written by SFSU students on how they've been affected by Alcohol and Other Drugs.

Poetry

D

Get the straight facts on Alcohol, Cigarettes, Marijuana, Mushrooms, And Ecstasy

Drugs

S

Tips on avoiding a harmful mixture with Drugs + Sex

Sex

A

Reduce stress and have fun without drugs

Alternatives

R

Where to get help and more information

Resources

# INTRO

## **The Premise: Drugs Exist. They Always Have.**

Six thousand years ago the Sumerians were drinking beer and sipping wine, four thousand years ago the Mayans ate mushrooms, “flesh of god”, to divine the spirit world. Tobacco was grown in the Americas as early as 6000 BC and used for religious and medicinal purposes. Alcohol and Other Drugs (AOD) have been around in the history of human civilization and are no less common today than they were in the past. So one way or another drugs will cross your path. And you’ll be faced with making decisions about the role AOD’s play in your life.

## **The Relationship: Abstain or Use or Abuse?**

*Just Say No To Drugs* has not worked very well. It underestimates the curiosity that is inherent in human nature and is out of touch with reality. The reality is that at one time or another many individuals will choose to have a glass of wine, try a cigarette or experiment with other drugs. *The Just Say No* approach also makes it difficult to have real conversations about what it means to experiment, use recreationally or to abuse. So, if you’re going to make a wise choice you need to know the facts. We have tried to give you the facts objectively so that you will be able to make choices wisely. In the following pages, as you read the facts, keep in mind the question: What kind of relationship will you have with drugs and alcohol?

# “Know Thyself”

-Diogenes Laertius  
*Inscribed at Sanctuary of Delphi*

## DEFINITIONS

**abstain** (ab-stan) *v.* To refrain from something voluntarily.

**abuse** (e-byooz) *v.* A pattern of drug use that continues in spite of social, occupational, psychological or physical problems caused or exacerbated by the drugs. Often recurrent use of the substance in situations that are hazardous.

**addict** (e-dikt) *v.* To devote or give (oneself) habitually or compulsively to a substance.

**dependence** (di-pen-dens) *n.* Intense pattern of drug use with loss of control over drug use as distinguishing characteristic. In such cases, a person’s life becomes organized around obtaining and taking the substance and continues use in spite of adverse consequences. Tolerance and withdrawal are other signifiers.

**tolerance** (ta-le-rens) *n.* The need for greatly increased amounts of the substance to achieve intoxication.

**withdrawal** (with-dro-el) *n.* the discontinuance of the use or administration of a drug; also : the period following such discontinuance marked by often painful physiological and psychological symptoms.

"[We] ate the *teonanacatl* (mushrooms), and had great visions of the world where everything is known... the mushroom was in my family as a parent, protector, a friend".

- Maria Sabina

## Who is Maria Sabina?

Traditionally the mushroom was taken not only for visions of the spiritual world, but to cure physical maladies.\* Maria Sabina was a *curandera*, a healer, who used the mushrooms to assist in curing illness. Through a vision, she was able to predict the arrival of an anthropologist named Gordon Wasson, who was interested in learning about the function of the hallucinogens in the spiritual practices of the Southern Indigenous Mexican people, the Mazatec. Through what she shared with him, the powers of these magic mushrooms became widely known. BUT...



the influx of interest had a devastating effect. In Maria Sabina's words - 'Before Wasson, I felt that the saint children (mushrooms) - elevated me. I don't feel like that anymore. The force has diminished.' 'These last few years anyone looks at the [mushrooms] - and no care is taken in gathering them'.

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'They take the [mushrooms] - at any time and in any place. They don't do it at night or under the direction of the Wise Ones and they don't use them to cure any sickness either'.

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It is a wise woman who can make this distinction. The question that must be asked is: What, if any, is the appropriate use of mushrooms? And the same can apply to any other drugs.

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\*For more on Maria please refer to [www.stainblue.com](http://www.stainblue.com) written by David J. Smith and Illustrated by Carol A. Wells

## Mazatec Chant

"Says.. woman who thunders am I,  
woman who sounds am I.  
Spiderwoman am I, says  
hummingbird woman am I says  
Eagle woman am I, says  
important eagle woman am I.  
Whirling woman of the whirlwind am I, says  
woman of a sacred, enchanted place am I, says  
Woman of the shooting stars am I." ...

I'm a birth woman, says  
I'm a victorious woman, says  
I'm a law woman, says  
I'm a thought woman, says  
I'm a life woman, says ...

"I am a spirit woman, says  
I am a crying woman, says  
I am Jesus Christ, says ...  
I'm the heart of the virgin Mary."

-Mushroom Ceremony - Smithsonian Institute

# ALCOHOL.

**To drink or not to drink?** The beer companies have an answer for you, your friends might have an answer for you and you know what your mother would say. So what should you take into consideration when you make this decision? The following will provide some straight facts so you can make the best educated choice for yourself. Because you are the **only one** who can decide whether to drink or not to drink.

## FACTS OR MYTH

**Myth** This is my time to party and get trashed, everybody else does, it's the 'college experience'.



**Fact** The majority of college students do not get trashed, actually only 30%\* qualify as 'heavy drinkers' and many of those students don't get to have the 'college experience' since 159,000 first-year freshman will drop out because of alcohol or drugs.

V.



**Myth** I don't have anything to worry about if I get drunk once or twice a week.

**Fact** Binge drinkers (those who drink more than four drinks in one night) have a greater tendency to become alcohol dependent (aka alcoholic) later in life. No one plans on becoming an alcoholic.

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\* At SFSU the number is even lower than the national average at 24% , Core Survey, Spring 2001

# The Thief

Give me back what you took  
A piece of my life missing  
I am not complete or whole  
There is a night that you stole

Tell me how, I don't remember  
I know what I had, but you know  
something more

Tell me why, I don't remember  
is it because I said no three nights before

An empty space for a memory  
One that is clear only to you  
A blank that started when I hit the floor  
Hours later you walk out the door  
Leaving me the gifts of guilt, shame  
Anger and pain

All I want is to remember  
All I need is the answer

-Molly Francis, Graduating Class of 2001

**First the man takes a drink,  
then the drink takes a drink,  
then the drink takes the man.**

-Japanese Proverb

**A**lcohol is ethanol, a natural by-product of fermenting sugars usually made from grains, hops, rice and even fruits or vegetables. When you drink, alcohol travels down your esophagus to your stomach into your intestine and absorbed into the bloodstream. You now have a blood alcohol concentration (BAC) which will vary based on the number of drinks you have.

## WHAT'S YOUR BAC?



**'1 UNIT' = '1 HOUR**

It takes an average of one hour to process one unit of alcohol. Two drinks will put you over the .08% BAC drinking limit to drive. Time is the only factor that will sober you up. That means coffee, cold showers, whatever else will **not** change your BAC.

# IDENTIFY YOUR USE

Check out these criteria to help you identify your relationship with alcohol

## Social Drinking

- 👁️ Drink slowly
- 👁️ Know when to stop
- 👁️ Do not drink to get drunk
- 👁️ Never drive after drinking

## Problem Drinking

- 👁️ Drink to get drunk
- 👁️ Drink to cover up for shyness
- 👁️ Feel guilt or remorse about your drinking
- 👁️ Missed classes or work because of a hangover
- 👁️ Friends and family have expressed concern
- 👁️ Memory loss from drinking (blackout)

## Alcoholism

- 👁️ Begin drinking a 'few' but can't stop until drunk
- 👁️ Blackouts
- 👁️ Spend a lot time thinking about your next drink
- 👁️ Deny drinking, hide bottles
- 👁️ Need to drink to face stress
- 👁️ Major problems with family, friends, employer, school or police

## SFSU STATS\*

59% refused an offer of alcohol or other drugs in the past week

The average SFSU student drinks 2 1/2 drinks per occasion

24% are binge drinkers, drinking at least 5 drinks per occasion

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\*San Francisco State University Core College Survey, Spring 2001

## SMOKER'S PRAYER

Heavenly Father, hear my plea,  
and grant my lungs serenity.

Give me strength to kick the  
smoking

that's been causin' all my choking.

Let my breath be fresh and clean  
without a trace of nicotine.

Each cig I smoke, oh so often  
Adds another nail in my coffin

Guide me by your holy means  
past all those cigarette machines.

It hurts to hear Loved ones say  
kissin' ya's like lickin' an ashtray  
I ask your help and it's no wonder  
'cause if I don't quit, I'm six feet  
under.

cough...cough...cough

-Anonymous

# CIGARETTES

You might have noticed the anti-smoking campaign going on pretty aggressively across the country. The lies that the Tobacco Industry have been telling the public in their advertisements have been exposed. Since then, the Tobacco Industry has been bombarded with lawsuits and pretty much had their marketing scams exposed. Check out the movie *The Insider* for a pretty accurate account of this expose`.



"To cease smoking is the easiest thing I ever did. I ought to know, I've done it a thousand times."

-Mark Twain

## In the Beginning...

*Huron Indian myth has it that in ancient times, when the land was barren and the people were starving, the Great Spirit sent forth a woman to save humanity. As she traveled over the world, everywhere her right hand touched the soil, there grew potatoes. And everywhere her left hand touched the soil, there grew corn. And when the world was rich and fertile, she sat down and rested. When she arose, there grew tobacco . . .*

## TOBACCO TIMELINE

- › › › c. 6000 BCE Tobacco plant begins growing in Americas › › › 600-1000 CE: GUATEMALA: First pictorial record of smoking showing a Maya smoking a roll of tobacco leaves tied with a string. The Maya word for smoking is sik'ar. › › › 1619: VIRGINIA: The very first American Thanksgiving is a celebration of a good tobacco crop. › › › 1600-1800'S: NORTH AMERICA: Growth of tobacco as a cash crop fuels the demand for slave labor › › › 1944: The American Cancer Society warns about possible ill effects of smoking. › › › 1952: Cigarette sales decline with reports of statistical correlation between smoking and cancer. › › › 1954: Tobacco industry responds with filtered cigarettes that promise a "healthier" smoke. The public responds well and sales are back up. › › › 1964: Surgeon General Advisory that the average smoker is 9 to 10 times more likely to get lung cancer citing specific carcinogens in cigarettes including cadmium, DDT, and arsenic. › › ›

**And Today:** Tobacco Industry is on the run from thousands of lawsuits. People continue to smoke and die everyday from smoking related illness.\*

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\*[www.tobacco.org](http://www.tobacco.org)

# What Happens to Your Body After Your Last Cigarette?

## Within 20 Minutes\*

Blood pressure drops to normal

\*

Pulse rate returns to normal

## Within 8 Hours

Carbon Monoxide level in blood drops to normal

\*

Oxygen level in blood increases to normal

\*

Smoker's breath disappears

## Within 24 Hours

Your chance of a **heart attack** decreases already

## Within 48 Hours

Nerve endings start to regrow.

\*

Your ability to smell and taste is enhanced.

## Within 72 Hours

Bronchial tubes relax making it easier to breathe.

\*

Lung capacity increases making it easier to do physical activities

## Within 2 weeks - 3 month

Circulation improves

\*

Walking becomes easier

\*

Lung function increases up to 30 percent

## Within One to 9 months

Coughing, sinus congestion, fatigue, shortness of breath decrease

\*

Your body's overall energy level increases

\*

Cilia regrow in lungs, increasing the ability to handle mucus, clean lungs, reduce infection

## Within One Year

Risk of coronary heart disease is half that of a smoker

# REWARD YOURSELF FOR QUITTING!

"I tried marijuana once. I did not inhale."

-Bill Clinton

# MARIJUANA



Is an ancient drug obtained from the Cannabis Sativa plant widely known as the hemp plant, a common weed found in many parts of the world.



Is extracted from the female flowering tops, stems and leaves of the hemp plant.



The active chemical in Marijuana is THC which creates the high.

## Why Do People Smoke?

People smoke for many reasons

1. Achieve euphoria
2. Instant gratification
3. Numb out negative feelings

## What to watch for?

Becoming a regular smoker could lead to serious problems.

1. Becomes your only way to relax
2. Miss opportunities to develop other ways of enjoying your time.
3. Lethargy: give up on goals that may have been important to you.
4. Psychological addiction: you try to stop but can't even after you realize the negative impact on your life.

“What Goes Up Must Come Down.”

-Anonymous

# ECSTASY

The brain chemical, Serotonin, is released by MDMA which produces feelings of euphoria but when depleted could lead to a depressive mood. There may be permanent damage to the brain chemical receptor sites (studies thus far are inconclusive).

## Why Do People Use It?

MDMA, or 3,4-Methylenedioxyamphetamine, is a “mood elevator”. Some of the reasons people give for being drawn to ecstasy are...

1. Produces a relaxed, euphoric state
2. Enhanced sensations
3. Greater feelings of acceptance and empathy
4. Feelings of self-acceptance

## What to watch for?

- 👁️ The addictive nature of the drug is not yet known but it can take on great importance and lead to compulsive use.
- 👁️ May be trying to self-medicate when user is struggling with depression or social anxiety.
- 👁️ Deaths have occurred from heat stroke due to losing body fluids too quickly without replenishing them.
- 👁️ Fake ecstasy is commonly found at club scenes and could contain other substances such as PMA, DMX (cough suppressant), PCP and Ketamine (veterinary anesthetics), Speed, and arsenic (rat poison).
- 👁️ Mixing ecstasy with alcohol and other drugs increases the risk of adverse reactions.

**MORE**

**POEMS**

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# The Awakening

I surface towards consciousness, in the wake of an uncertain morning,

As uncertain as the breath I take, for my breathing sounds to come from afar,

The thoughts I think, too, are quite a way's away, for I am unable to discern,

To distinguish the distance from which my mind is letting out these thoughts,

My body has also dispersed into various parts of nowhere, Leaving me suppressed in this blurry space, in a time span of vagueness,

So vague, in fact, that I find my eyes, but only my eyes, and upon opening them,

Cannot identify the minute movement as a passage of 30 seconds or 30 minutes,

Then again, the movement may not be so minute, nor may my eyes be,

For the deepening light merging into them is an indescribable shape and size,

However so, it spreads into me, drawing the rest of my lost body back together,

And running chills through my reviving bloodstream like frozen spiders crawling all over.

My thoughts must be touching me harder, for my mind feels closer to me now,

Adjusting the blur and vagueness that haunted me 30 seconds, 30 minutes, or however long ago,

My skin can also feel what my eyes see as I must be relieved from dissociation,

And somewhere in the distance, I feel another deepness of light gleaming at me,

A smaller yet more defined shape of light, with colors melting away from each other as I distinguish the details,

An odd countenance blooming from it as I recognize the reflection of my awakening.

-Le Sheng Liu, SFSU Cinema Major

# Moment of Tranquility

In a dark room lit solely by red and purple Christmas lights we sit.

Depeche Mode's *Speak and Spell* plays in the stereo.

We each extend our hands,

the tiny orange pill is placed in the center of my palm.

I take a deep breath and place the pill inside my mouth

I lay my head back and onto my pillow and await  
My stomach turns, my mouth grows dry.

I reach for my water bottle.

The water rushes into my mouth and down my throat.

A wave of nausea comes over me.

I get up. My mind clears, and a new wave of emotions and thoughts enter my mind.

I take off my glasses and look around me.

Warmth invades my body. I fall back onto the couch snuggling with my stuffed dog. An intense feeling of

happiness takes control.

Wasting away all the bad in my life, only leaving good.

A grin spreads across my face and my teeth begin to grind. I place a pacifier into my mouth. I think of my past and dream of my future. Wanting this feeling to last

FOREVER

But it is only a moment,  
a moment of pure tranquility  
that will be remembered for a

LIFETIME.

-Harry Maldonado, SFSU Student

# HIS VOICE

My husband is an addict  
Heroin is his "drug of choice"  
For years, he has cried out for help  
But, no one heard his voice

Voters in San Francisco  
Passed Prop 36  
We thought this law would help us  
It's still no easy fix

You plead guilty to a felony  
Lose your government benefits and your home  
Spend time in rehab...  
All alone.

Because of his addiction  
People wonder why I said "I do"  
I did because with our love,  
This problem we'll get through.

He got on a BAART clinic  
Where methadone has saved his life  
Though his friends and family have left him  
I stand by him as his wife

My husband is an addict  
Heroin is his "drug of choice"  
But, thanks to this new forum  
Everyone will hear his voice

-Bonnie, SFSU Student

**SEX**

**&**

**DRUGS**

"A kiss can be a comma, a question mark or an exclamation point. That's basic spelling that every woman ought to know."

-Mistinguet

## SEX AND DRUGS

**Deciding what you will and will not do sexually before you become aroused and talking with your partner before you have sex can help you prevent regrets.**

**Mixing Alcohol and Other Drugs with sex can increase the incidence of unwanted, unplanned sex.**

## STATS & FACTS

**70%** of college students would not have been involved in at least one incident of sexual activity if they weren't under the influence of alcohol.\*

**90%** of all campus rapes occur when alcohol has been used by both the assailant and victim.

**60%** of college women who are infected with STDs (herpes, AIDS, genital warts) report that they were under the influence of alcohol or other drugs at the time they had intercourse with the infected person.

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\* National Core Survey of College Students, 2000

*“Candy is dandy, but liquor is quicker!”*

-Ogden Nash

## How much of an affect does alcohol really have on sex?

- ↘ Lowers inhibitions
- ↗ Increase libido with low dose (less than 3 drinks)
- ↘ Decrease in erectile function (**can't get it up**)
- ↗ Increase susceptibility for rape and assault (both men and women)
- ↘ Decrease or block in ability to orgasm (both men and women)
- ↗ More difficulty saying NO!

One drink of wine and you act like a monkey  
Two drinks and you strut like a peacock  
three drinks and you roar like a lion  
four drinks - you behave like a pig

-Henry Vollam Mortan

## Natural Aphrodisiacs

**Pheromones:** human hormones that have

been shown to increase desire and sexual stimulation.

Found in sweat, vaginal fluid, and natural body scent.

**Let's Not Forget the Basics:** music, poetry, sexy lingerie, perfume, cologne, mood lights....if you've got these in place there's not much else you need for a romantic evening, except another person!

***ALTERNATIVES***

**FOR**

**STRESS**

**MANAGEMENT**

# STRESS: Q & A

**Q** What is Stress?

**A** Stress is the body's natural response to demands

**Q** Is all stress bad?

**A** No, there are two types of stress

1. eustress: positive and gives you more energy and boosts your productivity.
2. distress: destructive and wears away at you emotionally and physically and could lead to illness.

**Q** How do I know when stress is affecting my body?

**A** Effects of stress occur as a four step process

1. feelings of anxiety and imbalance
2. tension and sore muscles or headaches
3. increased heart rate, breathing or blood pressure
4. manifesting in emotional or physical illness

**Q** What can I do to start managing my stress?

**A** Here are three steps to reducing stress

1. identify how vulnerable you are to stress
2. identify exactly what stresses you out
3. develop an individual plan of action to combat stress and promote relaxation

# Take the Stress Test

This questionnaire will help you detect your vulnerability to stress. Rate each item from 1 (Always) to 5 (Never), according to how much of the time the statement is true of you. Be sure to fill out each item, even if it seems not to apply to you. Total your score.\*

Always -1 Usually Sometimes-3 Rarely-4 Never-5

1. I eat at least two hot, balanced meals per day.
2. I get 7 - 8 hours of sleep at least 4 nights per week
3. I give and receive affection regularly.
4. I have at least one friend or family within 30 miles, on whom I can rely.
5. I exercise to the point of perspiration at least twice a week.
- 6 I don't smoke.
7. I drink fewer than five alcoholic drinks per week.
8. I am the appropriate weight for my height.
9. I am able to budget my money to meet my basic needs.
10. I get strength from my religious/spiritual beliefs.
11. I regularly attend club or social activities.
12. I deal well with the crises/traumas in my life.
13. I have one or more friends to confide in about personal matters.
14. I am in good health (including hearing, eyesight, dental).
15. I am able to speak openly about my feelings when angry or worried.
16. I have regular conversations with the people I live with about issues.
17. I do something for fun at least twice per week.
18. I am able to organize my time effectively.
19. I drink fewer than two cups of coffee or other caffeine rich drinks per day.
20. I take some quiet time for myself each and every day.

Scoring:

20 - 35 Stress Master

36 - 49 Stress Expert

50 - 75 Stress Novice

76 - 100 Stressed Out!

# RELAXATION TIPS

Deep  
Breathing

Yoga

Get Plenty  
Of Rest

Fun  
Hobby

Take A  
BATH

Well Balanced Diet

Laughter

Talk It Out

Sleep

# 30 ALTERNATIVES

1. Start a journal.
2. Pick up a guitar, keyboard, ukulele, bongos whatever and make some music.
4. Publish your own 'zine. Get pals to help you out, or do it yourself.
5. Design your own T-shirts.
6. Create your own Web site.
7. Bake headless gingerbread men, then eat them.
8. Cook your folks and friends dinner — something more complicated than mac and cheese.
9. Go on adventure by yourself: go to the zoo, a movie, or to the beach. It's good to remember how to hang out just with yourself.
10. Move the furniture around in your room. Redecorate your space. You might just need a fresh look on things to cheer you up.
11. Sign up for karate lessons.
12. Enter yourself in a poetry open mic night at a local coffeehouse.
13. Take your mom out to tea and let her know what you've been up to.
14. Dye your hair a funky temporary color.
15. Treat yourself to a shopping spree at the art supply store. Make a present for your best pal.
16. Write a letter to a distant cousin.
17. Plant some flowers in the yard, or in a pot for your windowsill.
18. Learn sign language.
19. Read a book by the Dalai Lama.
20. Challenge your dad to a crossword-puzzle race.
21. Read the newspaper all the way through. Chat with your folks about current events over dinner.
22. Learn a card trick and then impress your friends with your new magic skills.
23. Make your own rubber stamps.
24. Try meditating. Master a yoga position.
25. Hang tiki lights in your bedroom, put on a grass skirt and play Hawaiian music in your room.
26. Learn to spin records. Give yourself a cool DJ nickname.
27. Learn a new skateboard trick.
28. Offer to make a family or friend scrapbook.
29. Volunteer for your favorite cause. There are bigger things out there than you or I.
30. Go to the park and cartwheel down a hill. Make sure no one is having a picnic in your cartwheelin' path.

# Test Anxiety

## **What is test anxiety?**

Test Anxiety is a reaction to a stressful situation for some - may be a panic reaction.

## **Four causes of test anxiety:**

- (1) Past experience
- (2) Under Preparation / Procrastination
- (3) Fear of failure
- (4) Pressure

## **How does test anxiety manifest?**

- (1) Mental distraction
- (2) Mental Blocking
- (3) Physical symptoms

## **How to deal with and prevent test anxiety:**

- identify irrational thoughts and let go of them or replace with positive ones
- identify the antecedent when you find yourself beginning to feel unsure or overly nervous or procrastinating and do something about it.

## **Dealing with the physical symptoms:**

- remember to breath - deeply, but careful not to hyperventilate
- we all hold our tension in specific places - scan your body for tightness and relax that area by tensing it and relaxing (you can do this sitting in your desk five minutes before the test is scheduled to begin).
- use guided imagery
- exercise regularly - people stop when they get busy and that's when they need it most and we know how aerobic exercise can stimulate the release of endorphins...
- watch your alcohol intake; people often use alcohol as a way to deal with stress; in stressful situations, alcohol can help the person fall asleep, but can cause the person to wake later; which can lead to insomnia; use chamomile tea instead; it's safe & effective; the only side effect I know is that it is a diuretic.

# HIV PREVENTION TIPS

- Activities that avoid contact with HIV infected blood, semen and vaginal fluids are risk-free for HIV. “No-risk” activities include kissing, fantasy, outer-course, massage, masturbation, and more....
- Fingers in the vagina or anus is very low risk behavior if there are no cuts, rashes or sores on fingers; risk is further reduced if latex barrier such as gloves or finger cots or condom on the fingers is used.
- Oral Sex is a moderately risky behavior. Use of condoms on penis or dental dams or other barriers over vagina can greatly reduce risk of contact with HIV. When barriers are not used, risk can be reduced by preventing cum or menstrual blood from entering the mouth and by checking for cuts and sores on penis and in the receiver’s mouth where HIV could enter the bloodstream (abrasions in the mouth can be caused by brushing or flossing teeth before engaging in this activity - mouthwash is an alternative).
- Use of latex male condom or female (latex free) condom for vaginal and anal intercourse can greatly reduce the risk of exposure to HIV via intercourse. Using a water-based lubricant with the condom is important, especially for anal sex. (oil based lubes such as Vaseline, or hand creams can cause condom to break) Unprotected intercourse is **HIGH RISK** behavior for HIV (unless both partners are certain they are HIV-).
- STI’s (Sexually Transmitted Infections), such as Chlamydia, HPV (Genital warts) and Herpes, increase the risk of becoming infected if one partner is HIV+.
- Sharing injection needles that have not been sterilized is a **HIGH-RISK** behavior. Clean needles properly, and use needle exchange programs. Contaminated piercing needles and tattoo paraphernalia, including ink, may also transmit HIV. Ask about sterilization methods used.
- Alcohol and other drugs significantly increase the chances of unplanned and unwanted sex and sexual assault.

# RESOURCES

## HIV & SEX RELATED

Student Health Services HIV Antibod Testing

415-338-1191

Prevention Point (Needle Exchange)

415-241-5100

City Clinic (STD testing, treatment, counseling)

415-487-5500

National STD Hotline

800-227-8922

SF AIDS Hotline (English, Spanish, Tagalog)

415-863-AIDS

AIDS Nightline

415-434-AIDS

AIDS Hotline for Hearing Impaired TTY/TTD

888-225-AIDS

HIV Antibody Testing

415-502-8378

Stop AIDS Project

415-621-7177

AIDS Health Project

415-476-3902

Asian/PI Wellness Center

415-292-3400

Filipino Task Force on AIDS

415-703-9800

Mano a Mano (Latino AIDS Project)

415-647-5450

The New Village

415-674-0900

Proyecto Contra Sida Por Vida

415-864-7278

Native American AIDS Project

415-522-2460

SF Black Coalition on AIDS

415-346-2364

SF Sex Information Hotline

415-989-7374

Rape Crisis Line

415-647-RAPE

# RESOURCES

# AOD ON-CAMPUS

(Confidentiality Assured)

**C.E.A.S.E.:** Counseling, Assessment and Referral  
Student Services Building #205  
415-338-7339/1203

**Counseling & Psychological Services**  
Student Services Building #208  
415-338-2208

**Safe Place**  
Sexual Violence Resource Center  
Student Services Building #205  
415-338-2819

**Student Health Services**  
**Smoking Cessation Program**  
Eva Wise  
415-338-1251

**AA/NA Meetings On Campus**  
Creative Arts Building, Casa Blanca Room  
AA meetings Tues & Thurs 1-2  
NA meetings Mon & Wed 1-2

**Peer Web Page**  
Ask Questions Get Answers Online  
[www.webpeers.net](http://www.webpeers.net)

# RESOURCES

## OFF-CAMPUS

Adult Children of Alcoholics

<http://www.adultchildren.org/>

(310) 534-1815

Asian American Recovery Services

415-541-9404

Alcoholics Anonymous (AA)

674-1821

Alanon & Alateen

626-5633

Bay View Hunter's Point Foundation for Problem Drinkers

415-822-6727

Cocaine Anonymous

821-6155

Co-Dependent Anonymous (San Francisco)

905-6331

Haight-Ashbury Free Clinic Drug Tx. Prog.

565-1908

Iris Center for Women

864-2364

Marijuana Anonymous

522-7373

Marijuana Anonymous (East Bay)

(510) 287-8873

Mission Council on Alcoholism for Spanish Speakers

826-6767

Narcotics Anonymous

985-5255

Women's Alcoholism Center (San Francisco)

282-8900

Suicide Prevention Hotline

415-781-0500

24-Hour Drug Talk-line

362-3400

# ACKNOWLEDGMENTS

## Prevention Education Programs

Michael Ritter, Coordinator

Bitu Shooshani, Prevention Education Specialist

Tonique McNair, Administrative Associate

## Student Affairs

Penny Saffold, Vice President

Kevin Bowman, Associate Vice President

Christine Gordon, Assistant to AVP

Mel Brennan, Administrative Associate

## Counseling & Psychological Services

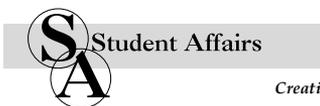
## Student Health Services

Eva Wise, Health Educator

## Counseling 606/605

## Health Ed 670/671

## Advocates For Healthy Students



C.E.A.S.E.

*Creating Empowerment through Alcohol and Substance-abuse  
Education*

*Use Your Voice* was made possible by generous funds from  
Student Affairs at San Francisco State University

# SOURCES

Facts on Tap: [www.factsontap.org](http://www.factsontap.org)

Dancesafe: [www.dancesafe.org](http://www.dancesafe.org)

American Lung Association: [www.lungusa.org](http://www.lungusa.org)

Stainblue: [www.stainblue.com](http://www.stainblue.com), written by  
David J. Smith & Illustrated by Carol A. Wells

Tobacco Timeline: [www.tobacco.org](http://www.tobacco.org)

DSM-IV: *Diagnostic & Statistical Manual of  
Mental Disorders*, 1994

Stress Reduction: [www.stressdynamics.com](http://www.stressdynamics.com)

Quotes: [www.quoteland.com](http://www.quoteland.com)

National Core Survey of College Students,  
University of Southern Illinois, 2000

San Francisco State University Core College  
Student Survey, Spring 2001

*If we drink, we do so moderately  
\*When the average SFSU student drinks, it's 2 1/2 drinks per occasion*



**And... \*30% don't drink alcohol at all**

FOR MORE INFORMATION  
contact: C.E.A.S.E. Program  
415-338-1203

\* Based on information collected from the National Sample  
Core Alcohol and Drug Survey of SFSU students in 2001

"SFSU Students Make Healthy Choices"  
**AHE**  
**AFFE**  
Advocates For Healthy Students

A Prevention Education Programs Publication  
San Francisco ♦ California ♦ San Francisco State University

**C . E . A . S . E .**

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Education*